

ABSTRACT

- Objectives:** To establish whether a sport-specific yoga programme could help a veteran runner improve his mobility, stability, strength and breathing
- Setting:** Trainee Yoga Sports Coach privately arranged YSS Sessions with an individual athlete
- Subject:** A runner, early 50's, who wanted to improve his flexibility and performance times
- Intervention:** YSS techniques were taught to the athlete once a week for 9 weeks. The athlete also incorporated YSS techniques into his individual training
- Main Measures:** YSS Log Book, videos, photographs
- Results:** Using the sport-specific yoga programme with emphasis on improving mobility, strength, stability and respiratory strength, the athlete was able to run with improved posture, gait, fluidity and endurance.
- Conclusion:** The 9 week intervention showed that improvements had been attained in the athlete's mobility, stability, strength and breathing improving his running stride length, stability at toe-off, fluidity of motion and endurance. The athlete's commitment to remote practice between sessions was paramount to the improvement gained. Due to injury prior to the study, the effects on performance times were not assessed.